

SEPTEMBER

1995

# OPEN ARMS

VOL. 7 NUMBER 9

..... MICHIANA'S LESBIAN NEWSLETTER .....

## Whistle Stop Cafe

7 wins and 7 loses. That was our final record, making us tied for third place, in the standings, with Bonnie Jewel. Though the record was even, we all end the season well ahead. Everyone on the roster, who showed up to play, was given fair playing time and it appears that much maturity was gained by a number of our less experienced players. The more seasoned players used the experience to sharpen their game.

Fans of Whistle Stop Cafe were provided a wholesome and very enjoyable Friday evening out. What a wonderful way to spend time with friends. Thank you for all your exciting plays, so great to watch. Deb, Dena, fantastic! Susan B, Marlene, Kelly, Val, Patti, Linda, Julie, Lynnette, Tammy, Leatrice, Connie M., Sharon, you're all exciting to watch! Connie L., didn't see much, but what we saw looked very good. Marge, where have you been all our life? Kim, special thanks for making the game so much fun to watch. Watch those arms. And a very special thank you to Susan W. for pitching this season. Many of us have seen what a tough position you've got and we appreciate the gift of your skill. Cheryl and Marcia, thank you for keeping score...a big, big help!

Several old players and some brand new wimin have expressed their enthusiasm for being included on the roster of Whistle Stop Cafe, 1996.

Thank you Whistle Stop Cafe for your very special action and thank you fans for giving our team the support they have come to know and love.

Looking forward to next year,  
Open Arms Staff





# COMMUNITY EVENTS

## VIDEO NIGHT

Canceled for the summer due to the softball season.

## LESBIAN SUPPORT GROUP

Every Tuesday  
7-9 p.m.

For info, write:  
LSG

P.O. Box 1612  
Mishawaka, IN 46544

## EVENTS COORDINATORS

Third Friday Out: Jackie (219)-291-5837  
Video Night: Gloria & Julie (616)-695-7311  
Sunday Brunch: Kaye & Marcia (219)-271-0338

## OPEN ARMS STAFF

Sheree (616)-684-6365  
Kaye & Marcia (219)-271-0338  
Advertising: Kaye & Marcia  
Subscriptions: Kaye & Marcia

## EDITORIAL POLICY

We may edit any article submitted for length or content. We ask that all articles submitted be signed and typed, but will respect the wishes of the author by not printing her name if so requested.

## PLEASE TYPE SUBMISSIONS IF POSSIBLE

If it is possible for you to type your submissions on a letter quality typewriter or printer, please do so using a 55 space line. This will make layout much easier. Thanks.

## 3RD FRIDAY OUT

LUCIA'S PLACE

1314 W. Western Ave.  
Friday, September 16th  
7:00 p.m.

For reservations, call Jackie by Wednesday, September 13th, at (219)-291-5837

## N.D. Wimmin's Volleyball Schedule

|          |              |        |
|----------|--------------|--------|
| Sept. 1  | Northwestern | 8 p.m. |
| Sept. 2  | USC          | 8 p.m. |
| Sept. 22 | Texas        | 8 p.m. |
| Sept. 23 | Colorado     | 8 p.m. |
| Sept. 24 | Colorado     | 8 p.m. |

## N.D. Wimmin's Soccer Schedule

|          |              |           |
|----------|--------------|-----------|
| Sept. 2  | Providence   | 10 a.m.   |
| Sept. 3  | St. Johns    | 12 p.m.   |
| Sept. 15 | Michigan St. | 7:30 p.m. |
| Sept. 17 | Stanford     | 12 p.m.   |

## UP AND COMING EVENTS

Sept. 9 Ohio Lesbian Festival, 614-267-3953, Columbus, OH  
Sept. 8-10 Sisterspace Pocono Weekend, 215-476-8856, Pennsylvania  
Sept. 23 Midwest Womyn's Autumnfest, 23 mi. SE of Rockford, IL and 70 mi. west of Chicago (Kingston, IL) 707-786-5377

Oct. 21 Dance---at the North Village Landing sponsored by Lavender Rhythm

Nov. 3-12 The 15th Chicago Lesbian and Gay International Film Festival, 312-384-5533  
Concerts in Indianapolis

Oct. 12 The Laura Love Band

Nov. 4, 5 & 10 Suzanne Westenhofers

Dec. 9 Cris Williamson, Tret Fure

Feb. 1-4, 8-11, 1996 Judith Sloan's, "Denial of the Fittest"

Call: 317-637-2906

## Olivia Cruises

Sept. 17-24 French/Italian Riviera  
Oct. 5-12 Sonora Bay  
Nov. 4-11 Ixtapa  
Apr. 8-15, 1996 Grand Caribbean  
Jun. 25-Jul. 3, 1996 Alaska  
1-800-631-6277



## SKIRTING AN EPIDEMIC

By Lee Lynch

I felt like a very unbutch wimp when I discovered that I was terrified at the prospect of undergoing a biopsy for a lump in a breast.

I'm a talker in the face of possible catastrophe. If I'm out of work I'll ask the bus driver and the housesitter's mother-in-law and every ex's ex's ex for leads. I talked with any woman who so much as looked at me. All the hardy femme types who'd been through it got local anesthetic and went back to work.

Not me. For a week before surgery I made mistakes so dumb I could have been doing a slapstick routine. I was emotionally shut down except that I was angry about everything.

This is no big deal, I kept telling myself, thinking of people living with AIDS, surviving quadruple bypass surgery or undergoing chemotherapy. Lover told me I looked like a caged animal. For the first time I had a sense of how overwhelming illness and disability could be. Do we really know nothing about courage until we face the prospect of a fatal adversary inside our own bodies?

The fateful day dawned. Lover dropped me off at the clinic. I wouldn't let her stay with me. I forced myself to take notes on how I was feeling so anyone reading this wouldn't feel so alone in a similar situation. I wanted to reveal my very human condition, but there was nothing to write. I'd lost the ability to feel.

It was a relief to give myself over to the staff. Our nurse friend had said she would try to assign herself to me and there she was, guiding this basket case through the process. Put on booties. Complete medical forms. Sign the release which might have given the physician permission to remove my precious gay gene for all I could comprehend. Did I want drugs? Knock me out, I told my friend, I don't want to know about it.

Then we go into something that looks strangely like an operating room (ack!). My friend positions me for maximum accessibility. Normally I would be feeling embarrassment, humiliation, vulnerability, resentment, self-protectiveness. Today? Nada. It's an odd intimacy, knowing she'll be witness to the horror for which I can't even be conscious.

Dr. Delump is his usual low-key sardonic self. He looms above me. The last time I was on an operating table I was five years old, with tonsillitis. I remember clearly I was told to count backwards from one hundred. Baby dyke, I toughed it out to ninety-five. I try to ignore Dr. Delump at his gruesome work on my poor breast. Although I'm a little fuzzy around the edges, the local's not adequate and my friend, seeing me cringe, knows this is no time for butch stoicism. With the doctor's consent, she knocks me out.

The next thing I know I sense stitching motions. My friend is saying, "You're all right." When did they send it to the lab? Surely I didn't lose consciousness in front of these people. Then Lover is by my side, taking my hand - - beautiful, womanly, nightingale-voiced Lover who seems as giddy with relief as I am.

It isn't until we're on the freeway, halfway to our little home in the woods, that I really wake up. I've had a sudden return of emotion. And at the same time, a feeling of connection to all of us touched, felled or surviving the epidemic of breast cancer. In Lover's small car, windows tight against the heat, I give a joyous shout, "IT'S BENIGN!!"

Copywrite Lee Lynch 1995

### LESBIANS AND BREAST CANCER

American women have approximately a one-in-eight chance of developing breast cancer. But according to Dr. Suzanne Haynes, Chief of Health Education for the National Cancer Institute in Bethesda, Maryland, one-in-three lesbians is likely to develop the disease. The lifetime risk for developing breast cancer for lesbians over the age of 50 may be two or three times higher than among women in general.

Early detection and care is the key! Practice monthly breast self-exams. Have regular mammograms: screening mammographies should begin by age 40.

### BREAST CANCER SIGNS AND SYMPTOMS

A lump or thickening that does not go away or seem to change. Most lumps in the breast are not cancerous - - four out of five are from other causes. All lumps should be checked by a doctor.

Persistent swelling, puckering, or dimpling.

Skin irritation, pain or tenderness of the nipple. The nipple may change shape or become crusty.

Risk factors include : over 40 years of age, Mother and/or sisters have had breast cancer, never had children or had the first birth at a late age, heavy alcohol consumption, and there is mounting evidence that a high-fat diet can also increase the risk of breast cancer.

NOTE: 75% of all breast cancers diagnosed each year are among people without any known risk



## COURT OF FRIENDS

### SINGLES

**O.K. all you singles!** Here's your opportunity to reach out to other singles. Write out what you want other singles to know about you, what you are looking for in another (be brief), and send to:

**The Court of Friends  
P.O.Box 1281  
Niles, MI 49120**

(Be sure to include your address.)

**Your identity** will be assigned an ID number. Your info and ID number will be published in OPEN ARMS. (It would be helpful if you would send your info early in the month so that it can be published in the next month's issue.) Also, O.A. reserves the right to edit, if necessary, for publication.

**Those wishing to respond** to an ID Single may do so by writing whatever you wish, putting it in a stamped, sealed envelope with the intended ID number on the front (in pencil). Place your message in another stamped envelope and mail to the above P.O.Box.

**Upon receiving your message**, the ID number will be replaced with the corresponding name and address and mailed. Then you're on your own. **COME ON SINGLES!** *Someone special wants to know you're out there!*

# 37 Hi, My name is -----; I am a 44 year old country girl who likes the simpler things in life. By simpler I mean wearing blue jeans, tennis shoes and cowboy boots.

Some of my interests include fishing, hiking, nature photography and just relaxing. I love animals, sports cars and cool-looking trucks and music; most especially country western.

I am in search of someone with some of the same interests who would like to try to start a friendship first with the possibility of a long-term relationship down the road. I am not into one-nite stands and head-games.

I am a very open, honest person so if you can't handle those qualities I am not the one for you. I take friendship, love, commitment seriously and am very caring, giving and loving and am serious about finding someone to share my life with.

If what you read above sounds like something you would be interested in I would love to hear from you.

Sincerely,  
-----

# 38 SWCF, age 26, feminine, attractive, honest and discreet. I enjoy conversation, music, beaches, church, reading and some sports. I'm looking for someone of the age of 26 - 40 years old with similar characteristics and interests.....possible relationship.



## ONCE MORE WITH FEELING

by Peggy J. Herring

This book is entertaining and real. An everyday lesbian world so credible that you will think you're a part of it. You will find the challenges as well as the joys of love and friendship.

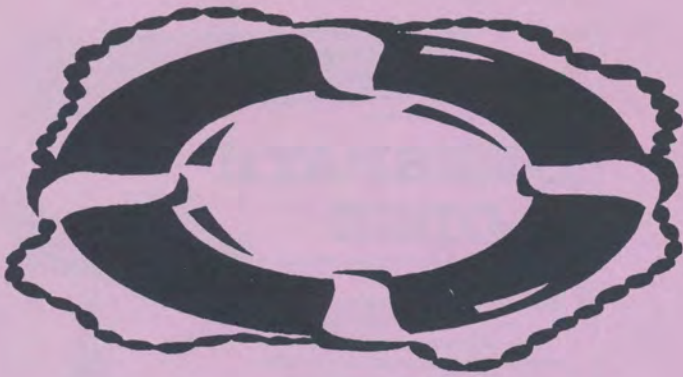
After eight years, Laura's relationship with Mavis has collapsed, as much from its decreasing weight and passion as from Mavis's casual infidelity.

Taking temporary refuge with close friends, Laura begins to put herself back together. She has a brief affair in Hawaii, but the most healing person she knows seems to be herself, and the most healing place, her own house.

Ex-partner Mavis is busy charming other women but still maintains a presence in Laura's life.

Then Laura meets Robin.... and suddenly finds the possibility of a new relationship. A possibility that intrigues Laura, and completely flabbergasts Mavis..





Blue skies, lots of sunshine, 15 beautiful wimmin, and 7 canoes!! What more could anyone ask for? We met at St. Pat's park at 10 a.m. Introductions went around a couple of times as no one knew everyone that was there. Mr. park ranger finally showed up to issue us our canoes. Wimmin started carrying canoes to the launch site, and in no time we were ready to set sail. Well, all of us except Kaye and Marcia. They were stuck on the bank for a short time but finally got into the water. Some canoes had ambitious paddlers and were soon out of sight. Others were leisurely cruising down the river enjoying the sights, and one canoe started to go bank to bank but finally with a little communication got on the right track.

Two and a half hours later the trip was over with only one mishap occurring. Loretta, Paula, and Sue spotted an alligator over by Mona and Marlene's canoe and hurriedly paddled over to warn them and hopefully beat the alligator away from their canoe. The excitement of seeing the gator was too much for Mona and Marlene!! The next thing we know, we got two wimmin in the water, floating coolers, cigarettes, pop cans and life jackets. The three wimmin who first spotted the gator came to the rescue, (after they could stop laughing), and soon Mona and Marlene were on their way again. Of course they were a little wet, but the water was refreshing, at least that's what they said. Back at the park the bar-be-que crew was hard at work. We all enjoyed a wonderful lunch together while discussing the great times we had on the river. See you all next summer.

The pink triangle was created by Adolf Hitler, who marked homosexuals for especially cruel treatment in Nazi concentration camps during World War II. In only fifty years since that time the pink triangle has evolved from a feared symbol of one of the world's most horrifying atrocities against human beings to a symbol of gay and lesbian pride.

Sometimes it may be difficult to understand what gay pride really is and how it can manifest itself in your life. When you have to live each day with homophobia, read in the newspapers and magazines about the atrocities still being committed against gay men and lesbians, experience discrimination on the job, see in your parents' eyes pain and confusion, and keep much of your life hidden from the public eye, it can be difficult to feel pride as a gay man or lesbian.

Yet it's pride that can help you transcend such difficulties and make you feel important, worthwhile, respected, and accepted. Today, don't let the negative responses, unfair practices, violent and abusive behaviors, and lack of acceptance influence how you feel about yourself and your sexuality. Let what makes you happy and what feels right to you also make you proud. Feel the symbolic meaning of the pink triangle in your heart.

Today I'll view the pink triangle no longer as a symbol of elimination of gay men and lesbians, but of proud assimilation of gay men and lesbians into society.

From "Proud To Be" by Amy E. Dean



## **ENTERTAINMENT BOOKS**

Southside Christian Church - Disciples of Christ (South Bend's open and affirming, inclusive Church) is selling the Entertainment Book. This book allows two persons to dine at many of Michiana's best restaurants, for the price of one. Save on motels, plus hundreds of other discounts. If you would be interested in purchasing this book, call Kaye or Jackie. Their numbers are listed on the community page.



# OPEN ARMS SUPPORTERS

Cathy Lambert, ACSW, CCSW  
Director



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ADVERTISEMENTS

Advertising in Open Arms runs on a calendar year basis and our advertisers will be receiving renewal notices soon. Since our rates are so low (\$10 per year, or more if you can afford it, for a business-card size ad) we don't pro-rate the fee on a less than 6 month basis. If you submit your ad between January and June, the full year rate will apply; between July and December the rate will be half the yearly rate.



# OPEN ARMS SUPPORTERS



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Two-bedroom and one-bedroom cottages available on Lake Michigan, ten minutes south of Saugatuck, Michigan. The cottages are open year around, are fully furnished, have well-equipped kitchens, and linens and towels are provided for bedroom and bath. The living rooms have gas log fireplaces. Gas grills are provided for outdoor barbeques. The beach is accessible via stairs. Hiking trails, sand dunes, cross-country skiing, shops galleries, restaurants, antique shopping nearby.

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Counseling for Growth & Health

(219) 674-0168

Need a Will, Legal Power of Attorney, ect. Our favorite family attorney, Mary Bottum recently moved to Iowa, but during a visit here, she said she could still help and could be contacted via phone and would respond by sending a questionnaire. If you are interested in contacting her, call an Open Arms Staff member for her phone number.



# September 1995

## Monthly Planner

| Sunday                                | Monday                                                                                                                                                                                | Tuesday                          | Wednesday                                                                                                                                                                              | Thursday | Friday                              | Saturday |
|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------------------------|----------|
|                                       | <div>August</div> <div>S M T W T F S</div> <div>1 2 3 4 5</div> <div>6 7 8 9 10 11 12</div> <div>13 14 15 16 17 18 19</div> <div>20 21 22 23 24 25 26</div> <div>27 28 29 30 31</div> |                                  | <div>October</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30 31</div> |          | 1                                   | 2        |
| 3                                     | 4                                                                                                                                                                                     | 5<br>Support Group<br>7:00 p.m.  | 6<br>NOW Meeting<br>St. Joe Library<br>7:00 p.m.                                                                                                                                       | 7        | 8                                   | 9        |
| 10                                    | 11                                                                                                                                                                                    | 12<br>Support Group<br>7:00 p.m. | 13<br>Reservations<br>due for Third Fri.<br>Out                                                                                                                                        | 14       | 15<br>Third Friday Out<br>7:00 p.m. | 16       |
| 17<br>Open Arms Mtg.<br>6:30 p.m.     | 18                                                                                                                                                                                    | 19<br>Support Group<br>7:00 p.m. | 20                                                                                                                                                                                     | 21       | 22                                  | 23       |
| 24<br>PFLAG Meeting<br>2:00-4:00 p.m. | 25                                                                                                                                                                                    | 26<br>Support Group<br>7:00 p.m. | 27                                                                                                                                                                                     | 28       | 29                                  | 30       |

Printed by Calendar Creator Plus on 8/27/95

### ALL TIMES ARE INDIANA TIMES

Subscription for Open Arms - \$10.00/year

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Make checks payable to Open Arms and mail it to:  
Open Arms, P.O. 845, Mishawaka, IN 46546

### MISSION STATEMENT

*Open Arms* exists to disseminate diverse information of interest to the Michiana lesbian community.

### OPEN ARMS DEADLINE/MEETING

The deadline for submissions for the September *Open Arms* is September 10th. Submissions can be mailed to Open Arms, P. O. Box 845, Mishawaka, IN 46546 or given to Sheree or Kaye. Submissions received after September 10th may not be published in the October newsletter.

Newsletter meeting: Sunday, September 17th, 1995, at 6:30p.m. Call 271-0338 for directions.